Winnipeg metro

Your essential daily news | WEEKEND, APRIL 21-23, 2017

High 16°C/Low 2°C Partly cloudy

COLOSSAL

Giant monster terrorizes city when this girl drinks

(If only it was relatable)

metroLIFE

Take action EARTH DAY 2017

Holly Heider Chapple leads a team of florists constructing a massive art installation for the WAG's Art in Bloom festival this weekend.

SHANNON VANRAES/FOR METRO

The POWER *of a* FLOWER

Floral exhibit to grow, keep on giving at the Winnipeg Art Gallery

metroNEWS

You'd be nutty not to

ARCHITECTURE

Candy maker gets nomination for heritage building list

Braeden Jones

Metro | Winnipeg

The Can-D-Man's home in the Exchange District is so iconic, local architecture experts say the only nutty thing would be not recognizing its significance.

On Thursday, Winnipeg's historical buildings and resources committee considered the Scott-Bathgate Building on Pioneer Avenue — better known as the Nutty Club building — as a property worth adding to the city's list of historical resources.

Susan Algie, director of the Winnipeg Architecture Foundation, said if any city has a building that is "in that good condition, in constant use for over 100 years, and it does have this significance, why wouldn't you go forward and designate it as historical?"

She explained that the five-storey building was built during a railway-fuelled industrial boom that was "essential to the development of Winnipeg," and stands as a landmark indicative of that era.

"People forget the early history of the area," she said. "But I think it's important to celebrate that."

Researcher Murray Peterson recognized the same historical significance in the building synopsis he prepared for the committee, noting "many distributors located in Winnipeg" at that time.

"Scott-Bathgate Company was one such company," he said, adding its early success as a distributor has since translated into its manufacturing business that continues today.

He commented that the warehouse is an example of "Romanesque revival style" that was popular in warehouse districts like Winnipeg's throughout North America from the 1880s into the 20th century.

Peterson highlighted defining elements such as the rusticated stone base, arched window and door openings of the south façade, and the iconic "painted signage" on all sides.

Algie said those features, and the "great wall art" especially, are among the reasons "you'd be hard-pressed to find someone in the city who wouldn't instantly recognize the building and its function."

"There's a lot of historical significance in that."

The committee still needs to make a recommendation to council within 60 days to list the building, which, if approved, would protect it and its defining elements.

The Nutty Club building in Winnipeg's Exchange District.

JESSICA BOTELHO-URBANSKI/METRO

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EARTH DAY APRIL 22

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metro NEWS

Your essential daily news

Daesh claims responsibility for shooting attack on Champs Elysees in Paris. **World**

Catherine Wreford Ledlow and her daughter Quinn, 3, read Dragons Love Tacos for the third time on Thursday. Wreford Ledlow is battling brain cancer and raising money for research into the disease while she trains for a 5K run. JESSICA BOTELHO-URBANSKI/METRO

‘I’ve chosen to be positive’

HEALTH

Mother of two with brain cancer running for research

Jessica Botelho-Urbanski
Metro | Winnipeg

Catherine Wreford Ledlow is running for her life, with hopes of one day saving countless others’, too.

After being diagnosed with anaplastic astrocytoma — a grade three brain tumour — in 2013, doctors predicted she had two to six years to live. They also said her cancer would progress into glioblastoma — the same disease that's clung to Tragically Hip frontman Gord Downie.

Wreford Ledlow, 36, has been fundraising for brain cancer research ever since, aiming to stay positive and productive.

“There just isn’t enough money to do research, there really isn’t,” she said in an interview at her River Heights home Thursday. “And it’s so frustrating because there’s so much money for breast cancer, prostate cancer… because so many people have them. But this kind of cancer is killing people all over the place and it’s getting (worse).”

Joanne Schiewe, her good friend and neighbour, died from glioblastoma in August.

This time last year, the women were preparing to run the Winnipeg Police Service five-kilometre run together and fundraising tens of thousands of dollars.

Now, Wreford Ledlow is going it alone. All the money she raises will be donated to her oncologist, Dr. Marshall Pitz at CancerCare Manitoba, for research purposes.

“I’m trying to raise more money right now, but it’s hard though because people give money and then the next year you’re like, ‘I’m still alive! Can you donate some more?’” she said, laughing lightly.

> **There just isn’t enough money to do research, there really isn’t.**
> Catherine Wreford Ledlow

Wreford Ledlow is an actress and dancer, who used to tour around the U.S. with Broadway shows.

After her diagnosis, she moved back home to Winnipeg with her young family — husband Joel, son Elliot, 6, and daughter Quinn, 3 — where she now teaches musical theatre and performs in local stage productions.

Keeping busy is vital to her well-being, Wreford Ledlow said.

“It’s always better to keep active, but because of the medication I take, I can’t do 20 things at once anymore,” she said. “Because I have two kids, I can’t sit down and cry. Some days I want to and some days I do, when my kids aren’t there.”

Wreford Ledlow worries about not being able to see her children grow up, graduate or get married. Her son, Elliot, knows she is sick, but Quinn — who was five weeks old when her mom was diagnosed — doesn’t understand yet.

She gets MRIs every three months to monitor her condition.

On May 7, she’ll run the WPS 5K, which benefits the Canadian Cancer Society. Donations she raises from Monday onward will also be doubled by a local realtor and doubled again by Brain Canada. Her online fundraising campaign can be found at runningroom.com.

“You’re stuck between this long of a life,” Wreford Ledlow said, pinching her fingers an inch apart. “Or this long of a life,” she said, spreading them a few inches wider.

“It’s either you can be positive or you can go and cry. And I’ve chosen to be positive.”

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Maddin's hometown reflection

FILM

Ten years after My Winnipeg, he's on to another project

Thomas Pashko
For Metro | Winnipeg

Ten years since the premiere of his feature My Winnipeg, filmmaker Guy Maddin still has civic spirit on his mind. While Winnipeg explored Maddin's deeply personal mythologizing of Winnipeg, his newest project is an experimental portrait of San Francisco.

"I'm working with Evan and Galen Johnson, my partners from 2015's The Forbidden Room," Maddin says of The Green Fog, a featurette commissioned for the San Francisco International Film Festival.

"It's a city symphony created using repurposed footage from Hollywood movies shot in San Francisco. We decided to remake Vertigo, without using any shots from Vertigo."

My Winnipeg was also a commissioned project, in this case by the Documentary Channel.

It premiered at the 2007 Toronto International Film Festival to rapturous praise. Roger Ebert later named it among the 10 best films of the decade.

The film explores Winnipeg through a bleak lens.

However, Maddin says the film's release and the subsequent decade have brightened his view of the city.

"It was a documentary about my feelings of the city," Maddin explains.

"Afterwards, I was astonished how many different Winnipegs there were. You can go down Route 90 to Linden Woods. There's a giant Keg with 1,000 seats. Everyone is happy to be there. I've felt obliged to chasten myself since. There was an inherent snobbiness and self-pity in the movie. I just lamented my parts of the city that are gone."

One of those mourned places was the demolished Winnipeg Arena.

The film refers to the then-new MTS Centre as "the Empty Centre". Maddin has now reconciled his feelings towards the current arena.

"I saw Kanye West there. It was the best I've felt at a concert," Maddin says.

"Arena concerts used to be so ugly and mean-spirited. People would throw firecrackers in your ear. The return of the Jets is such a happy story. I was chilly and distant at first, like if my dad had returned after 16 years, but I've become a pretty rabid fan."

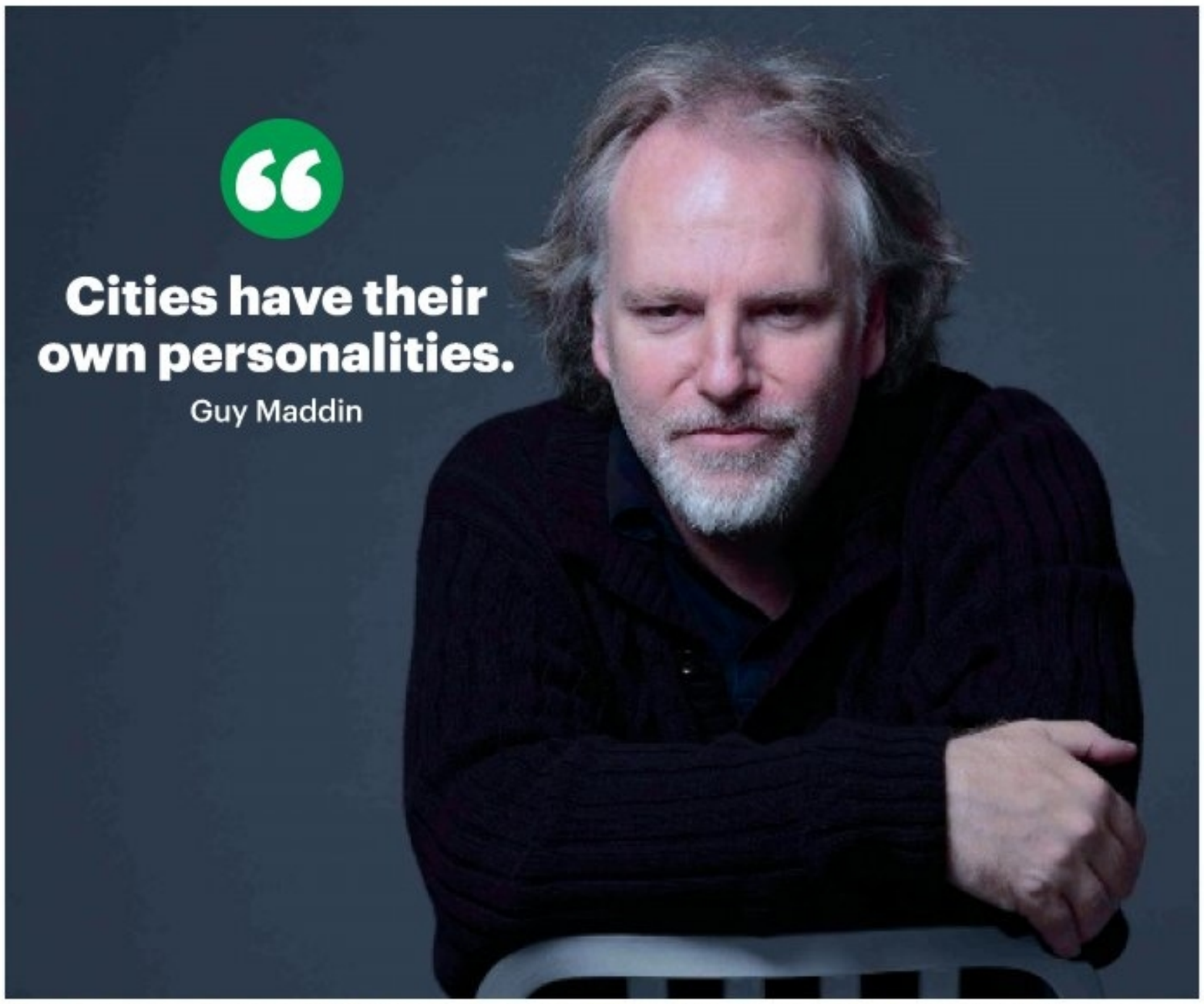
Maddin says there are still local stories that inspire him, pointing to Faron Hall, the homeless Winnipegger who saved two people from drowning before himself drowning in 2014.

"(Faron's story) could've been written by Euripides or Homer," Maddin says. "I hope his legend someday crystallizes, maybe like Christ's did. I'd be ashamed were he forgotten."

Following The Green Fog and multiple semesters teaching at Harvard, Maddin says he thinks My Winnipeg's specificity is key to its success.

"Cities have their own personalities," Maddin says.

"They're as different as people, yet they're the same. The more specific I got with San Francisco, the more like Winnipeg it became. They've got the Golden Gate Bridge. But the Arlington Street Bridge, that ain't nothing."



Filmmaker Guy Maddin debuted his film, My Winnipeg, at the 2007 Toronto International Film Festival to rapturous praise.
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Art in Bloom sprouts new life

GALLERY

Living floral exhibit returns to the WAG after 20 years

Jessica Botelho-Urbanski
Metro | Winnipeg

The Winnipeg Art Gallery is revisiting a nature-based exhibit this weekend that's been pushing up daisies for the last 20 years.

Art in Bloom features 60 floral arrangements inspired by works from the gallery's permanent collection. Students, seniors, local businesses and kids have all chipped in their planted handiworks, which will be featured alongside a massive, moss-covered living wall.

Nearly five metres tall and about 13.5 metres wide, the wall is the single largest undertaking so far for Virginia-based floral designer Holly Heider Chapple, who flew in for the event.

Chapple — who was chosen as one of Martha Stewart's favourite floral designers in the U.S. — taught 20 locals how to build the contraption, which features 20,000 stems.

"This needs to last for four days, so we tried to pick elements that will hold throughout the whole event so that they won't have to continue to water the installation," she explained.

Those contributing floral interpretations to Art in Bloom had to sign 10- to 12-page contracts stating they wouldn't use soil, sharp objects or bring bugs into the gallery either, said co-chair Hazel Borys.

Hennie Corrin, left, and Hazel Borys are co-chairs of the Art in Bloom festival as well as Winnipeg Art Gallery board members. SHANNON VANRAES/FOR METRO

The WAG board opted to bring back Art in Bloom in conjunction with Earth Day.

Once the exhibit is through, bulbs from the living wall will be replanted around Winnipeg and leftover flowers can be donated to Floral Philanthropy, another of co-chair Hennie Corrin's projects.

Over the last eight years, Floral Philanthropy has picked up flowers from corporate gatherings, weddings and other major events, then re-delivered them to nursing homes, soup kitchens, hospitals and more.

"There's no wrong place. Nobody's ever said, 'Oh no, we don't want your flowers,'" Corrin said.

Floral Philanthropy charges a minimum $100 pickup fee, and all the money is donated to Winnipeg Harvest — more than $100,000 so far, Corrin said.

"It's the power of a flower. If somebody gives you a flower just because, it's pretty powerful. And it doesn't have to be that," she said, pointing to an elaborate rose bouquet. "If you were to get one of those roses, it makes you feel good."

"(Art in Bloom) is about the health and wellness benefits that flowers and art can provide," said Corrin. "And it's not a pill; it's not a quick fix. But you come in, you look at flowers, you look at art and you feel better."

Art in Bloom will also have a pop-up flower shop where patrons can buy blooms and vases. The event runs until Sunday at 5 p.m.

Floral designers take part in a workshop at the gallery as part of preparations for Art in Bloom. SHANNON VANRAES/FOR METRO

5 WAYS TO MAKE YOUR CITY GREENER FOR EARTH DAY

From picking up trash to trashing Trump's environmental policies, there are plenty of ways Winnipeggers can go green this weekend. LUCY SCHOLEY METRO

1 SOLIDARITY WITH SCIENCE

Winnipeggers are rallying at the Manitoba legislature on Saturday in solidarity with the March for Science in Washington, D.C. The "celebration of science" is in light of U.S. President Donald Trump's planned funding cuts to research bodies like the Environmental Protection Agency and NASA. More than 500 such marches are taking place around the globe, according to the event's website. Winnipeg's version isn't so much a march as a rally, so have your signs ready for 1 p.m. There will be several guest speakers.

2 TIDY UP DOWNTOWN

Assemble a team of trash picker-uppers to clean up the downtown core with the Downtown Winnipeg BIZ. The group's hosting its annual Earth Day Cleanup Friday, complete with prizes for best team name, best team outfit and so on. There will be two tidy events, one from 9 a.m. to 11 a.m. at Thunderbird House and from 2 p.m. to 4 p.m. at Millennium Library Park. Last year's record was 3,250 pounds of garbage collected.

3 TAKE A HIKE — AND LEARN ABOUT YOUR CARBON FOOTPRINT

It's usually nice to walk around The Forks in the spring, but this Saturday you can learn about ways to cut garbage, water waste and carbon emissions. With Multi-Material Stewardship Manitoba, The Forks is hosting four special "eco tours" on Saturday. The interactive walk should take about 40 minutes. You might need your hat and mittens, as snow is in the forecast.

4 HEAD OUTDOORS WITH YOUR FAMILY

FortWhyte Alive is hosting an Earth Day celebration that includes family-friendly environmental workshops, live entertainment and other outdoor fun. Events will run all day Sunday, from 10 a.m. to 5 p.m. Admission is free.

5 DIG INTO FREE COMPOST

Gardeners can get their green thumbs (and shovels) on free plant food on Saturday. The city is giving away compost at the Pacific 4R Winnipeg Depot (1120 Pacific Ave.) Saturday from 10 a.m. to 4 p.m. It's free while quantities last, but you can only take away 100 litres of compost per vehicle.

POLICE BOARD

Appointment may violate city bylaw

Braeden Jones
Metro | Winnipeg

Council's executive policy committee may support Mayor Brian Bowman's candidate for chairperson of the city's police board, but the lone councillor representative on that board does not.

Coun. Ross Eadie has taken umbrage with Bowman's recommended candidate—philanthropist David Asper—not because Asper isn't qualified or capable, but because he feels appointing him would violate city bylaw.

"In order for him to (be named chair) the bylaw would have to be reviewed and changed," Eadie said, explaining he believes there are three separate but related issues.

According to his interpretation of the police board bylaw, there should be "only three citizen appointments" to the board, but Asper and Bowman's pick for another vacancy, Brian Scarfstein, would raise the number to four.

The bylaw also indicates the chair should be the mayor or his nominee. Eadie said the intention was for the mayor's designate to be a city councillor, pointing to precedence set by all three past chairs who were councillors.

Eadie questioned why an Indigenous leader wasn't picked, as the police services act encourages boards to "reflect the communities in which they police and are governed."

Eadie said a seven-person board with only one person of Indigenous descent doesn't reflect the legislation's intent, or the community.

But on Wednesday Bowman was adamant the mayor's designate didn't need to be a councillor, explaining, "advice that we've received is this (citizen appointment) is consistent with the bylaw."

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A microbiologist works with bacteria samples. THE ASSOCIATED PRESS FILE

New drug is in the works

MEDICINE

Tech taking aim at bacteria with resistance to antibiotics

Scientists in Winnipeg appear to have developed a new weapon in the battle against antibiotic-resistant infections.

Researchers at St. Boniface Hospital and the University of Manitoba have developed a drug that prevents harmful bacteria from growing without affecting healthy cells.

The drug attacks the bacteria's energy source, and researchers say it shows potential to fight a wide variety of bacteria that are resistant to current antibiotics.

The drug must be further tested and approved before being available to the public.

Findings about the drug, called PEG-2S, are published in a study in the Canadian Journal of Physiology and Pharmacology.

The research suggests the drug can target at least two of the top 10 priority pathogens listed by the World Health Organization.

"Antibiotic and antimicrobial resistance to superbugs is a priority research direction in pharmacology," journal editors Dr. Ghassan Bkaily and Dr. Pedro D'Orléans-Juste said in a release Thursday.

"The quality and findings of this study may be instrumental in our efforts to develop new drugs and technologies that effectively address this global health alarm recently raised by the World Health Organization."

The study showed PEG-2S was effective against the growth of chlamydia bacteria. More than 20 other types of pathogenic bacteria have a similar energy source that can be targeted by the drug, the report says.

THE CANADIAN PRESS

IN BRIEF

Court date set for July

A woman convicted of concealing the bodies of six infants in a Winnipeg storage locker is to be in court July 7 for a sentencing hearing.

Andrea Giesbrecht was found guilty in February of hiding the remains of six infants inside a U-haul storage unit.

Provincial court Judge Murray Thompson has also agreed to a media request to live-stream his decision on sentencing.

Medical experts testified the infants were Giesbrecht's and were likely to have been born alive, but because they were badly decomposed it could not be determine how the infants died.

THE CANADIAN PRESS

It isn't too late to save the orcas, scientists say

SALISH SEA

There are only 78 of the iconic whales left in waters of B.C.

Wanyee Li
Metro | Vancouver

Southern resident killer whales are an endangered orca population. NMFS PERMIT: 15569/DFO SARA

Last year was not a good year for the whales.

Seven members of the Salish Sea orca population, including two breeding-age females, two breeding-age males, two calves, and one elder died in 2016.

Researchers say with only 78 orcas left, that death rate is not sustainable. The whales are declining for a variety of reasons ranging from infection, starvation, and conflict with large ships, both head-on and from the noise pollution they emit.

The good news is the orcas off B.C.'s coast are among the most studied marine mammals in the world. Scientists say they know how to save them.

"This is the saddest part. We know what to do to save these animals. The problem is whether we will find the political will to do something about it," said Giles, a scientist at the Center for Whale Research in Washington State.

"If we do it fast enough, then yes, I think this population can rebound."

The Salish Sea orcas, also called the southern resident killer whales, are a distinct group of orcas that have their own distinct culture, language, and genealogy. They survived the 1960s and 70s where about 50 of them were either captured for captivity or killed, but the iconic population is now facing a no less dangerous situation.

The endangered whales are swimming in a toxic soup that makes it harder for them to find the little prey that remains, all the while having to dodge oil tankers. Tanker traffic in the Salish Sea is forecasted to increase seven fold after the Kinder Morgan expands its pipeline through Burnaby, B.C. in 2019.

Researchers agree this combination of threats, if not addressed, is enough to choke the iconic animals until there are not enough whales to keep the population alive.

"It's like a death by a thousand cuts," said Giles.

She and her team are responsible for taking a bi-annual census of the Salish Sea orca population and both Canadian and American governments rely on that data for their records.

The Canadian government announced its intention to help preserve the northern and southern resident killer whale population in 2011 and committed to an action plan in 2017.

But wildlife advocates describe the plan as a commitment to do something, rather than actually doing something.

MICROFIBERS

A pollutant like no other

Matt Kieltyka
Metro | Edmonton

So you divert recyclables and organics from the landfill, bring reusable shopping bags to the grocery store and have phased out cleaning products with harmful chemicals in them. Think you've cut out the most harmful environmental practices in your green-conscious home?

Think again.

Vancouver Aquarium researcher Dr. Peter Ross is at the forefront of studying one of the lesser known but most prevalent ocean pollutants today and the source may surprise you.

"There's kind of a smoking gun, if you will, that suggests clothing and textiles through laundry and waste water is releasing large quantities of fibres into coastal waters," said Ross, the director of the Ocean Pollution Research Program at the aquarium's Coastal Ocean Research Institute. "It's really a pollutant like nothing I've worked on before. With other pollutants, you can take a sample from the environment and say I found 'X' concentration of mercury. In this case, there's an infinite number of permutations in terms of shape, size, density, colour, additives and etcetera."

Synthetic fibres – like the polyester found in fleece jackets – make up as much as 80 per cent of the microplastics in oceans, according to Ross. Samples taken from the Strait of Georgia show an average of 3,200 particles of microplastics per cubic metre of seawater, which are then ingested by zooplankton and fish at the bottom of the food chain.

Washing a single item of clothing can release between 10,000 to 400,000 microfibres per cycle as it degrades over time and shreds in the laundry.

While the public is largely unaware of the issue, industry has taken notice. In March, Ross partnered with Mountain Equipment Co-op to research the presence of polyester, nylon and acrylic fibres in the ocean and trace them back to the source.

MEC chief product officer Jeff Crook says the outfitter has been concerned about microfibres for several years but the industry has more questions than answers at the moment.

"When I'm around industry people, this is definitely bubbling up as a topic," said Crook. "Everyone is sort of lit up on the issue but there are a lot of questions."

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Feds pilot 'name-blind' hiring

RECRUITMENT

Information revealing race and ethnicity will be removed

Ottawa has launched a pilot project to reduce biases in the hiring of federal civil services through what is billed "name-blind" recruitment, a practice long urged by employment equity advocates.

The Liberal government's move came on the heel of a joint study by University of Toronto and Ryerson University earlier this year that found job candidates with Asian names and Canadian qualifications are less likely to be called for interviews than counterparts with Anglo-Canadian names even if they have a better education.

"It's not just an issue of concern for me but for a lot of people. A number of people have conducted research in Canada, the U.K., Australia and the U.S. that showed there is a subliminal bias in people reading too much into names," said Immigration Minister Ahmed Hussen, who first delivered the idea to Parliament last year as a rookie MP from Toronto.

"Name-blind recruitment could help ensure the public service reflects the people it serves by helping to reduce unconscious bias in the hiring process."

Some companies in the private sector including banks and accounting firms have already adopted the practice, which removes names from application forms in order to stop "unconscious bias" against potential recruits from minority backgrounds. In the United Kingdom, the government now requires name-blind applications for university admissions service and other applications for organizations such as the civil service, British Broadcasting Company and local government.

U of T sociology professor Jeffrey Reitz said the initiative is an important step forward but cautioned officials they must consult independent experts in developing the process and reviewing the results to make sure it is done right.

To conduct name-blind screening, he said, recruiters must remove any information on a resumé that would reveal the ethnicity of the person, such as name, birth place and membership of association before coding the candidates in the talent pool.

"If the government is serous about it, they need to make the process transparent and allow researchers to look at the new procedures and the results," said Reitz, a co-author of the Canadian study on name discrimination against Asians.

Debbie Douglas of the Ontario Council of Agencies Serving Immigrants said she hopes the pilot could benefit other minority groups, given studies have shown that white English- and French-speaking able-bodied women have been the primary beneficiaries of current employment equity programs.

Treasury Board President Scott Brison, who championed Hussen's initial idea, said he welcomed the opportunity to explore new ways of recruiting talent for the public service.

"A person's name should never be a barrier to employment. Diversity and inclusion in the workplace is critical to building an energized, innovative and effective public service that is better able to meet the demands of an ever-changing world," said Brison. TORSTAR NEWS SERVICE

Minister of Immigration, Refugees and Citizenship Ahmed Hussen says studies show "there is a subliminal bias in people reading too much into names." THE CANADIAN PRESS

BORDER

Human smuggling probe leads to arrests

Authorities in the United States say two Canadian citizens and one person from Nigeria have been apprehended as part of an investigation into human smuggling.

The United States Border Patrol says agents picked up the three people last Friday between the North Portal and Northgate crossings, the legal entry points into Saskatchewan from North Dakota.

It was not immediately clear whether the people are still in custody or if charges have been laid.

The investigation has already led to the arrest and two charges against a Saskatchewan woman.

RCMP say the woman was stopped last Friday on the Canadian side of the border, near the same crossing points in Saskatchewan, and nine people from West Africa were in her vehicle.

Mounties would not confirm the ages, gender or nationalities of the people from West Africa, but say they have all made refugee claims.

THE CANADIAN PRESS

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Attacker opens fire on Champs-Elysees

TERROR

Daesh quickly claimed responsibility for the attack

A gunman opened fire on police on Paris' iconic Champs-Elysees boulevard Thursday night, killing one officer and wounding three people before police shot and killed him. Daesh quickly claimed responsibility for the attack.

French presidential candidates cancelled or rescheduled last-minute campaign events ahead of Sunday's first round vote in the tense election. Security already was a dominant theme in the race, and the violence on the sparkling boulevard threatened to weigh on voters' decisions.

Investigators were conducting searches early Friday in at least one eastern suburb of Paris, according to three police officials. Authorities were trying to determine whether the assailant had accomplices, anti-terrorism prosecutor Francois Molins told reporters at the scene.

Police officers block the access to the Champs-Elysees in Paris after a shooting on Thursday. GETTY IMAGES

The attacker emerged from a car and used an automatic weapon to shoot at officers outside a Marks & Spencer's store at the centre of the Champs-Elysees, Molins said. Two police officers and a woman tourist were wounded, he said.

Daesh's claim of responsibility just a few hours after the attack came unusually swiftly for extremist group, which has been losing territory in Iraq and Syria.

In a statement from its Amaq news agency, the group gave a pseudonym for the shooter, Abu Yusuf al-Beljiki, indicating he was Belgian or had lived in Belgium. The group described it as an attack "in the heart of Paris."

Police and soldiers sealed off the area, ordering tourists back into hotels and blocking people from approaching the scene.

The attacker had been flagged as an extremist, according to two police officials, speaking on condition of anonymity because they weren't authorized to publicly discuss the investigation.

French President Francois Hollande said he is convinced the circumstances of the latest attack pointed to a terrorist act. Hollande held an emergency meeting with the prime minister Thursday night and planned to convene the defence council Friday morning.

THE ASSOCIATED PRESS

POLITICS

Trump slams Canada from the Oval Office

U.S. President Donald Trump unleashed on Canada from the Oval Office Thursday, suggesting that the country was "taking advantage" of U.S. workers and demanding trade renegotiations begin "very quickly."

Trump denounced the North American Free Trade Agreement as a "disaster" and said he wants Canada to move on three particular industries: dairy farming, lumber and energy.

"The fact is, NAFTA — whether it's Mexico or Canada — is a disaster for our country," Trump said.

"We can't let Canada, or anybody else, take advantage and do what they did to our workers and to our farmers."

Trump vowed to move "very, very quickly" on negotiations with Canada, saying he would have a more detailed plan in coming weeks.

The president's comments were short on specifics and it's unclear how they will translate into action. Trump has used belligerent language on issues like NAFTA, NATO and China in the past, but has often failed to back up those words with significant policy changes.

But they do represent a marked departure from Trump's warm words for Canada after he met with Prime Minister Justin Trudeau in Washington only two months ago.

U.S. President Donald Trump is complaining about trade with Canada. GETTY IMAGES

In February, Trump said the U.S. enjoys a "very outstanding trade relationship with Canada," pledging only "tweaks" to that relationship in larger NAFTA renegotiations. Officials in Ottawa will have to puzzle out how that outstanding relationship turned into a "disaster" in the mercurial president's mind — and whether Trump will act on his claims.

Ironically, Trump's comments came only hours after Trudeau praised the president's willingness to listen to reason.

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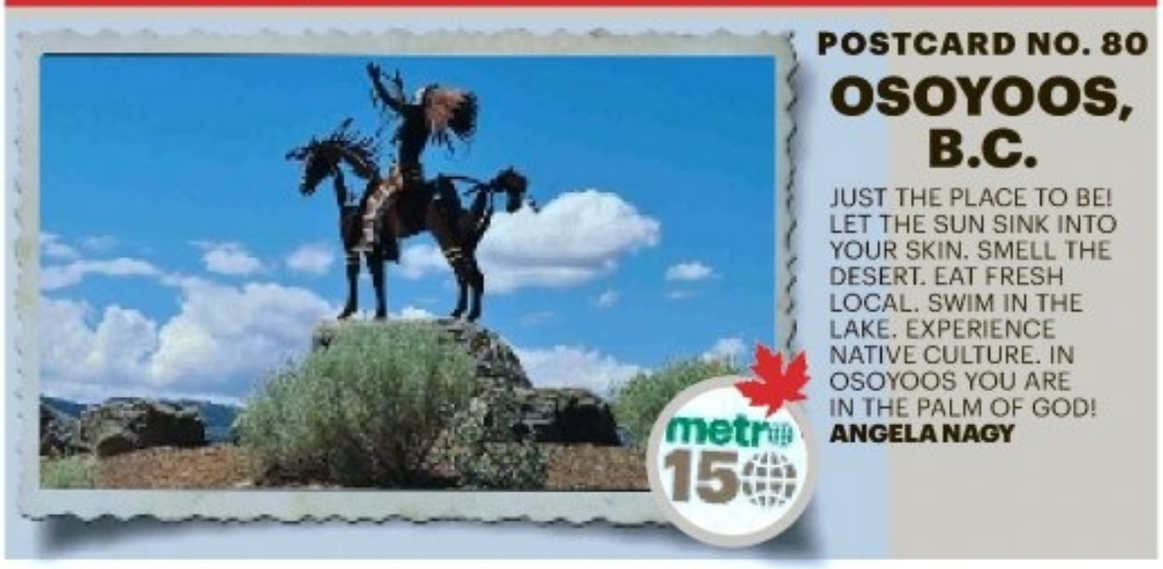
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Dark devotion to death penalty in U.S.

Arkansas' power and desire to kill its citizens has been complicated by drug shortage, but the thirst to put people in their place in the U.S. is epitomized by their president Donald Trump

ROSEMARY WESTWOOD
From the U.S.

One of the ways I've sought to understand the United States, as a Canadian, has been to compare our absurdities. One inexplicable aspect of American life is the ongoing, vehement, pseudo-religious devotion of some to capital punishment. For weeks now, Arkansas has been in the news for fast-tracking the execution of eight men in 11 days.

Anyone following the modern death sentence in America knows the means of execution, namely drugs, is often a source of inconvenience for U.S. states. Only certain drugs are allowed. You can only get them from certain companies.

There's been a multi-year shortage of said drugs. And eventually, they expire. Arkansas's supply of the sedative midazolam, one of the drugs used in executions, will expire at the end of the month. Thus the state finds itself with enough drugs to kill eight inmates, but not enough time.

Pulaski County Circuit Judge Wendell Griffen (lying down) takes part in an anti-death penalty demonstration on Friday in Little Rock, Ark. Griffen issued a temporary restraining order Friday blocking the state from using its supply of vecuronium bromide after a company said it had sold the drug to the state for medical purposes, not capital punishment. THE ASSOCIATED PRESS

Or not enough time to move at the regular pace. Enter a flurry of legal challenges, and this week the state's supreme court blocked two executions (it had already blocked one). State officials are keen to follow through on the rest, leading to such news reports as: "Arkansas remains hopeful it can execute five inmates before the end of the month." Capital punishment is the pinnacle of governmental arrogance. It is among the purest examples of unilateral, complete state power: the power to kill.

Unilateral, complete government power is not exactly desirable in a democracy, not exactly a hallmark of freedom. And yet, in the same week Arkansas is battling it out in the courts to kill its citizens, the U.S. president took time to congratulate the Turkish prime minister Recep Tayyip Erdogan in his ongoing efforts to concentrate power. Erdogan narrowly won a recent referendum that observers warn could have been manipulated by as many as 2.5 million votes.

Donald Trump's reaction was to give the Turkish leader a "well done" call. In the past year, Erdogan has responded to a coup attempt by jailing hundreds of journalists, shutting down dissenting media, and silencing critics. He told election observers warning of possible voter fraud to "know their place."

Disturbingly, those do sound like the words of a man Trump would admire. Trump is exactly a man who likes others to know their place. Namely: beneath him. Protesters last weekend demanding Trump release his tax returns were met with Trump's trademark anger and incredulity: "The election is over!" he tweeted, while repeating the ridiculous claim that protesters were paid. The place of the U.S. public is not, as Trump would have it, in his proverbial pocket. It is not one of unthinking loyalty. The place of the U.S. public is one of oversight. Of the critic. And in four years: of the boss. It remains to be seen how much Trump's obsession with power will change the presidency. Enough Americans, especially Republicans, appear pleased to have him and his strong man (ignorant man) ways. Just as 49 per cent (as of September) support the death penalty. Inexplicable support on both counts, but true.

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DECODED by Genna Buck and Andrés Plana/Metro

GREAT BARRIER GRIEF

Two-thirds of Australia's teeming Great Barrier Reef could die thanks to **coral bleaching**. To put it glibly, one day this could be a real snorkelling attraction: The Ghost Town Tour. In every direction, as far as the eye can see, swimmers explore a vast white ossuary where a coral reef once teemed with life. This isn't the only reef facing such a bleak fate. **Here's why.**

WHAT IS CORAL BLEACHING?

Stony corals have hard, white skeletons of calcium carbonate that form the basis of reefs. They're covered in friendly, pigment-rich algae called **zooxanthellae**, which give coral their brilliant colours and serve as a major food source. When algae fall off or die or their pigments degrade, that's **bleaching**. It's fatal within a few months.

Why does it happen?
Change in temperature: Warming water due to climate change is the leading cause. A cold shock can have the same effect.

Ocean acidity: Excess carbon dioxide in the air dissolves in the ocean, forming carbonic acid. Too much of it hurts corals.

Changing tides: Exposure to air causes bleaching.
Too much sun: If it's too hot outside, algae pigments degrade and produce toxic chemicals.
Pollution: Some human-made chemicals make bleaching worse.

GREAT BARRIER REEF 101

Meet the collossal ecosystem built on a backbone of coral

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- All the Great Lakes
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600 Types of coral

CITIZEN SCIENTIST by Genna Buck/Metro

On Earth Day, let's save science too

My stomach fell through the floor when I read the news out of the University of Alberta earlier this month: 13 per cent of an irreplaceable collection of Arctic ice cores are lost forever thanks to a dual malfunction in a freezer and the software monitoring it.

Analyzing the gases trapped in ancient ice is one of the few windows we have into climatic history. They're practically priceless. And now they're water.

The snafu is enough to strike terror into the heart of everyone who has ever made a mistake at work, a.k.a. everyone.

Far be it for me to point fingers. But I want to draw attention to an overlooked aspect of the story: The ice-core collection was "orphaned" and needed a new home because of budget cuts at Natural Resources Canada. It used to be housed at a federal lab in Ottawa.

Securing scientific knowledge for future generations costs money. Sometimes a lot. But it's more than worth it.

On Earth Day, we focus, rightly, on what we can do to preserve the precious environments and resources that grace our planet. But preserving knowledge is just as important. And we can't have one without the other.

And most of the time, preserving knowledge about the Earth doesn't require fancy freezers. A digital document will do.

I spoke to UBC hydrologist Sean Fleming this week about how little of the data that's been accumulated about Canada's rivers, invaluable to conservation, is actually available to the public.

Right now, his book Where the River Runs is new. But, as books do, it eventually will go out of print. Presumably it will live on, online. Librarians who convert old books to digital formats, storing them in an easy-to-access way forever, are superheroes. Ditto for the people running the Wayback Machine, a project for capturing websites that have been left fallow online too long and become dead links. Those people deserve props on Earth Day, too.

Science Question?
citizenscientist@metronews.ca

FINDINGS
Your week in science

POLAR ICE CRAP
Antarctica: A vast, unspoiled ecosystem where leopard seals and whales roam without a care in the world. Not so much. A new study out of Concordia University has found that, contrary to popular myth, the outlook for biodiversity at the south pole is 'grim' thanks to threats from growing tourism, overfishing and climate change.

GLASS BATTERIES
Students at UC Riverside have smashed expectations by turning used glass bottles into fully functional nanosilicon anodes — a key component of high-performance batteries used in electric cars and handheld electronics.

SOUND SMART

DEFINITION
Living things that are **sessile** are anchored permanently to something and cannot move under their own power.

USE IT IN A SENTENCE
Deborah sits so still when she zones out and watches TV that she seems like she belongs to a **sessile** species.

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MOVIES MUSIC TELEVISION DIGITAL

Born free and raised a wild child

Born In China, a new doc from DisneyNature opening Friday, follows animal families through four seasons. These vulnerable, magnificent species are rarely captured on film in such detail. The almost unbearably cute film features a bouncing soundtrack and lively narration by John Krasinski (yes, Jim from the Office). Here are three things we learned. **GENNA BUCK/METRO**

TREE HUGGER

Pandas must learn to climb trees

The baby panda Mei Mei steals every scene she is in. She rolls down hills, gnaws on everything (edible or not), and constantly tries to climb trees — much to the consternation of her 'helicopter' mom Ya Ya. But Ya Ya eventually had to let Mei Mei strike out on her own. Climbing is a skill all panda babies must learn in order to evade predators as their mothers, who spend 14 hours a day chomping down on bamboo, can't keep an eye on them at all times.

RUNAWAYS

Golden snub-nosed monkeys are 'lost boys'

At the top of the film, Tao Tao the baby golden snub-nosed monkey has his world turned upside down — his baby sister is born, and his parents' attention is diverted. He leaves the family unit to join a troupe of "lost boys." These adolescent boys and young, single males — stuck at that awkward age between babyhood and starting families of their own — band together to eat, play and learn skills they'll need for the rest of their lives (most of which will be spent in tree tops).

SINGLE MOMS

Mama chirus are machines

Male and female chiru, also known as Tibetan antelope, only hang out long enough to mate. The pregnant mothers set out on an epic, 700-km round-trip journey across harsh, high-altitude plains to give birth at traditional calving grounds. Then they head back, newborn calves in tow, to meet up with the males and start the process all over again.

Colossal's twists surprised Hathaway

FILM

Even its main star missed at least one wrinkle at first

Colossal was filmed in Langley, B.C. when Anne Hathaway was a few months pregnant. "I can't tell you how grateful I was to the crew for letting me feel so protected on set," she said, noting that within an hour of being back in L.A. paparazzi reported to the world she was expecting — a big difference from the way she was treated in Canada. CONTRIBUTED

Critics and internet commenters are fumbling over how to describe Colossal, the new sci-fi monster movie that resists being boiled down and placed under any label.

When asked how to explain the film, opening in Canada on Friday, its star Anne Hathaway says she often doesn't attempt to. Or she'll drop its logline: "Party girl with a heart of gold needs to dry out, goes home and doesn't dry out, and when she gets drunk a giant monster terrorizes Seoul, South Korea."

Then she'll just let that hang there for a bit. "And people either go, 'OKKKK' or they go, 'Rad! I want to see that' — and I kind of leave it at that," the Oscar-winning actress said. She likes that it's a tough film to squish into a box, adding that she was delighted by how freely the story manages to just be itself.

Hathaway plays Gloria, an out-of-work web writer with a drinking problem in New York who is dating a not-so-impressed Brit (Dan Stevens) when we meet her. She gets dumped and heads back to her hometown to put her life back together and reconnects with childhood friend Oscar (Jason Sudeikis), who hires her to work at his bar.

It seems like a setup — a familiar one — for a rom-com, but instead, things get weird. The monster soon shows up in headlines and on the news after it starts wreaking havoc in Seoul. Gloria, petrified, eventually figures out she's actually in control of the monster that appears every time she gets wasted (which is often) and she wanders into a nearby park. And here again, if you think you know where this is going, you'll probably be surprised.

However unusual Gloria's path is in the story, Hathaway said her interest in working on the film grew from the connection she felt with the character.

"I felt a kinship with her; maybe we are not the exact same person, but we've stumbled in similar ways. She grabbed me and then, as I kept reading, I couldn't believe what I was reading, it was just so fresh and like nothing I've ever read before, and that counts a lot for me."

As the Internet is now discovering, Colossal gets deeper and darker than most people seemed to expect. And while the audiences do get to meet a gigantic monster, they're also confronted with heavier issues.

"When I read it, I focused so much on the addiction story, the substance abuse story, that some of the toxic masculinity I didn't see until I saw the actors portray the parts," Hathaway said.

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HONOURING ENVIRONMENTAL HOMETOWN HEROES

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The word 'hero' gets bandied about a lot these days. But Earth Day Canada's Hometown Heroes program aims to reclaim some of the term's gravitas by honouring those who make a real difference to environmentalism in Canada.

Launched in 2004, Hometown Heroes recognizes and celebrates individuals, groups, and businesses that have made a positive impact on the environment, either through their actions or through education.

"A Hometown Hero can be anyone finding a creative solution to an environmental challenge," says Cristina Greco, Recognition and Development Manager for Earth Day Canada (EDC). "Usually it's someone who also demonstrates leadership in a particular field and really mobilizes their community to make a difference."

The annual program comprises five categories — Youth, Individual, Teacher, Group, and Small Business — with six finalists chosen by judges culled from previous winners, as well as EDC associates and community partners. Each winner receives a $5,000 cash prize to be used towards improving the environment or, in the case of the Youth prize, a scholarship that will contribute to a post-secondary education. Winners will be announced in May and recognized during an awards ceremony on June 14 at the Mill Street Brewery in Toronto's historic Distillery District. New for 2017 is the Teacher category, which salutes an educator who's doing extraordinary work to mobilize his or her school community in an eco-initiative. Of all the Hometown Heroes categories, this one received the most nominations this year.

"Teachers are a huge part of our audience at EDC," says Greco. "Given that through our EarthPLAY and EcoKids programs we engage thousands of educators, we thought it imperative to add this category so we could highlight the amazing work being done by them both inside and outside the classroom."

While the awards recognize individuals and groups, Greco hopes Hometown Heroes will have a wider impact across Canada in promoting not only environmentalism but also the power of ordinary Canadians to effect change.

"It is our hope that the winners of the Hometown Heroes Awards serve as ambassadors and role models to people who doubt their own ability to make a difference. Hometown Heroes winners are often from small towns across Canada, face the same barriers that many of us face, and are still making outstanding contributions to their local communities, and in some cases, to the country."

–SEAN PLUMMER

Pilot program transforms playgrounds

The schoolyard should be fun for all. Yet, from bullies and bad behaviour to hyper-competitiveness and downright boredom, the playground can be a place that's rather devoid of, well, play. But now Earth Day Canada (EDC) is looking to take back the humdrum schoolyard and make it fun for its most frequent visitors: kids. To that end the Toronto-based environmental org has teamed up with the Toronto District School Board (TDSB) to introduce the Outdoor Play and Learning (OPAL) pilot project into six TDSB schools. The idea is to provide kids with an assortment of materials — fabric, rope, spare tires, hay, water and the like — and let them get creative.

Sound like a recipe for a mess or, worse, a disaster? Not so, says EDC Director of Play Programs Brenda Simon. She insists that self-directed play is the best kind of activity.

"Can you remember what it was like to face the same asphalt and grass schoolyard every day for 180 days a year for six years?" asks Simon. "The resemblance of these places to prison yards has been noted more than once. A lot of bullying behaviour arises out of boredom — the desire to create some excitement and random experience against which to react. By providing varied play opportunities, the children can create endless variety in their play."

Those varied opportunities have had encouraging results. Less athletic children play more because they don't worry about losing. Kids learn to play safe and do so with kids of different ages and abilities. And the reduced stress on staff and students leads to fewer fights and office visits.

"Many trips to the office arise out of boredom and the desire to create a little drama," says Simon. "The injured child will frequently be accompanied by a chorus of sympathizers...each bearing their long dramatic story of what happened. Many other children simply experience stress in the playground and use office visits to get out. When the children have so many things to do, are able to build themselves enclosures and smaller social environments, and are having so much fun, they endure the little injuries — social or physical. They are naturally more resilient."

And parents, take note: the result may also be better grades. "We hear a lot of stories about greater focus and less unhappiness in the classroom after OPAL is introduced," says Simon.

–SEAN PLUMMER

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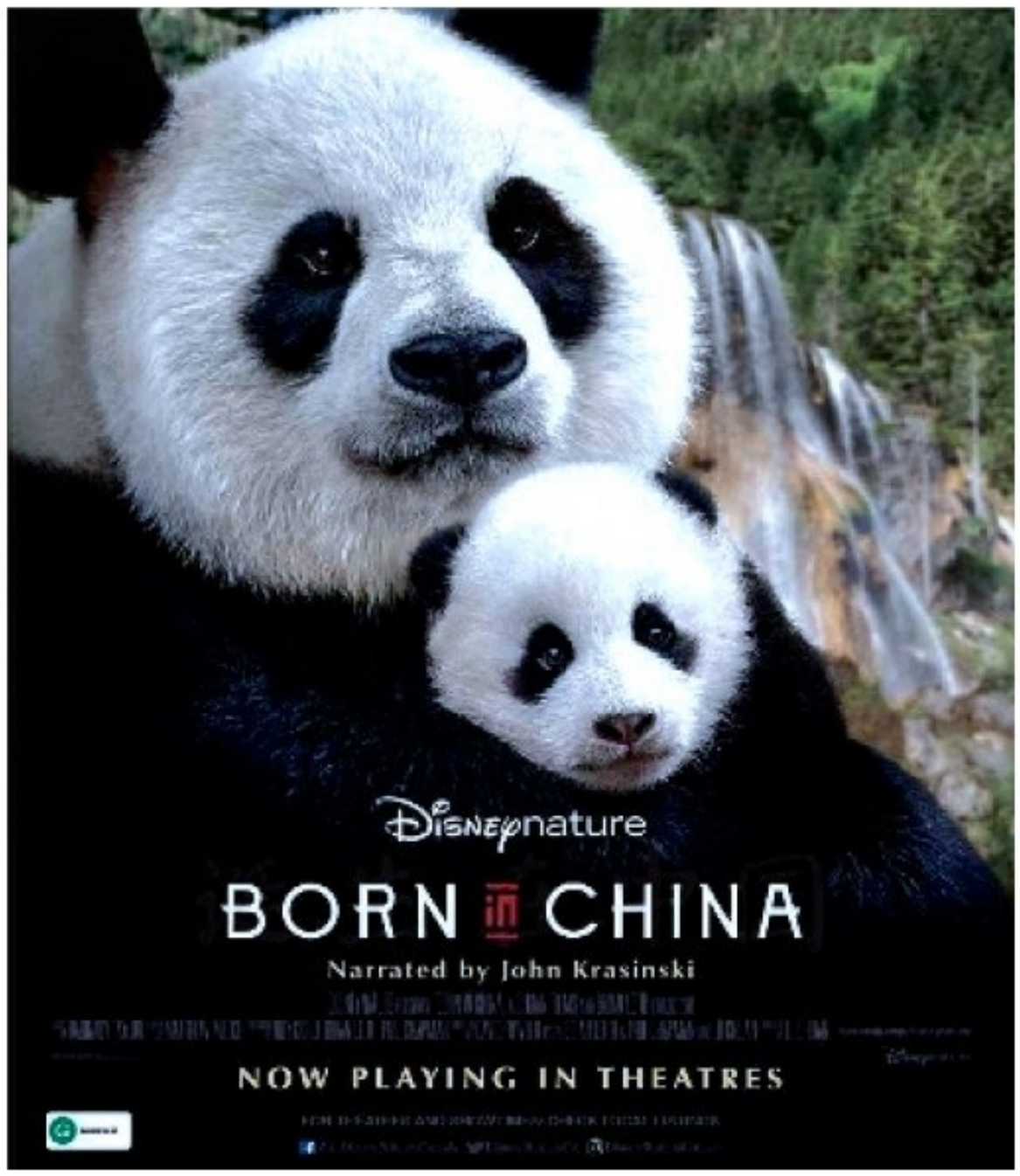


Pledge4PLAY brings adventure playgrounds to Canada

With the rising popularity and success of crowdfunding in recent years, it seems fitting that a charity encouraging playtime for kids should join in on the fun.

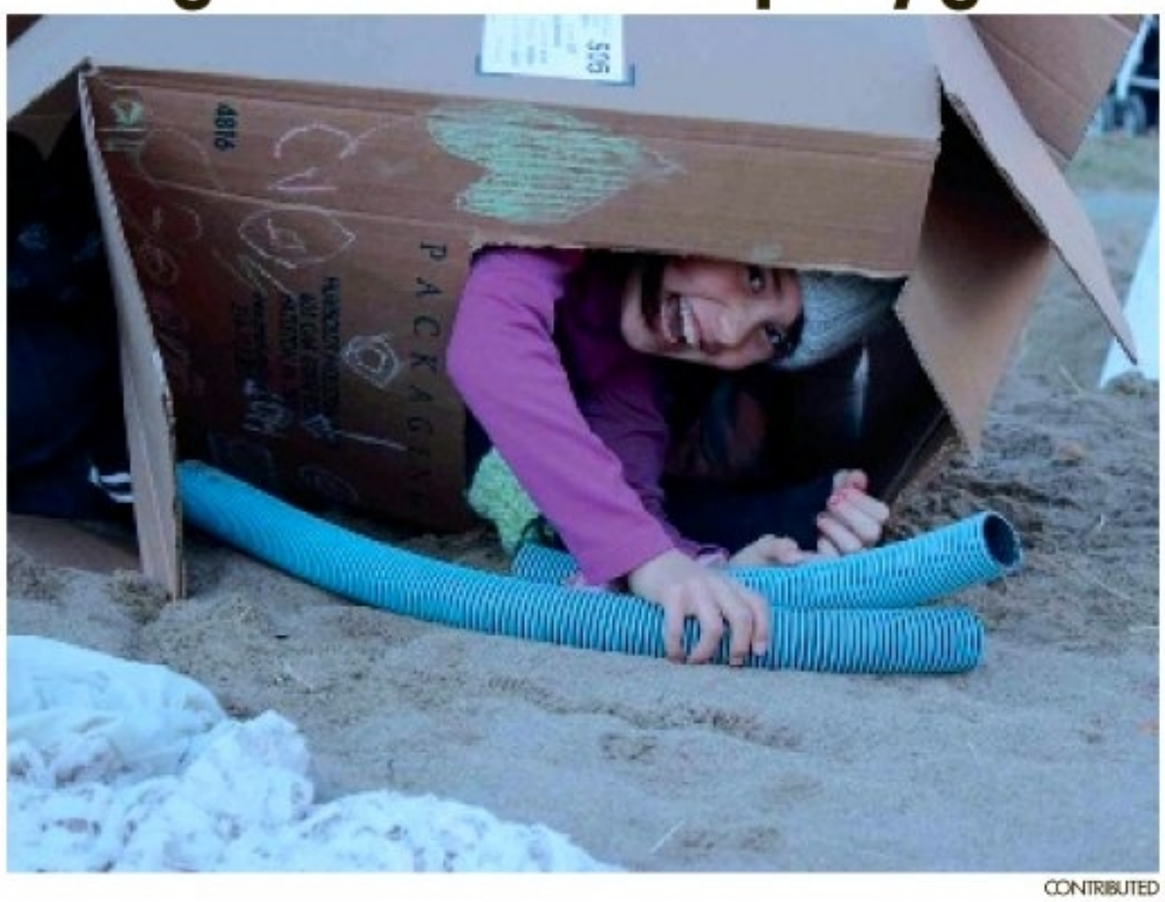
Earth Day Canada (EDC), the Toronto-based environmental charity, is currently promoting Pledge4PLAY, an initiative that inspires parents to provide their kids with more opportunities for self-directed playtime.

To that end, EDC is asking for online donations to support the campaign. For the remainder of April, would-be donors are encouraged to visit earthday.ca and contribute to the overall goal of $25,000 — which will go toward establishing adventure playgrounds in Calgary and Toronto.

A donation of at least $100 garners a chance of winning a trip for four to the Berkeley Marina Adventure Playground in Berkeley, California.

Adventure playgrounds, says EDC president Deb Doncaster, allows kids to indulge their imaginations by playing with a collection of carefully curated materials — boxes, ropes, tires, for instance — under the supervision of trained attendants.

It's a stark contrast to standardized playgrounds built to "de-risk" childhood play. And that's just fine with her.



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"There is no such thing as de-risking anything," says Doncaster. "Kids break their arms on all sorts of existing play structures that were built with de-risking in mind. There's risk implicit in everything, and I think it's a fallacy to think we can take risk out of any situation."

In Calgary, a portion of the Pledge4PLAY funds will benefit a concept design for an adventure playground. And in Toronto EDC has asked the city's Parks & Environment committee to conduct a feasibility study on adventure playgrounds in Toronto.

The answer was yes.

"The committee is very interested in doing one or two adventure playgrounds in the city of Toronto," says Doncaster. "And we need some of that money to support any sort of public process or deputations that may be required to get a 'yes' from council, especially the pilot projects."

In addition to making kids happy, a successful Pledge4PLAY campaign should spark a love of nature in its users.

"UBC just published a study where they found that children that played outdoors were more likely to have developed an environmental ethos than kids that didn't," she says. "So I think for kids who do have the opportunity to play outside on their own terms, generally speaking they are more attuned to the world around them. And they are more resilient people and tend to have a better sense of leadership. And that's what it's going to take to continue to foster environmentalism in Canada."

–SEAN PLUMMER

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Photo of Ella Fitzgerald going on display at Washington's National Portrait Gallery

FOOD

Put down the éclair and enjoy a healthy Parisian meal

Sarah Treleaven
For Metro Canada

The city of tastes

Consider the chocolate éclair: the perfect crisp but soft chou pastry meets a rich chocolate cream filling, all topped with a rich chocolate glaze.

This iconic food might be a terrific representation of Parisian indulgence.

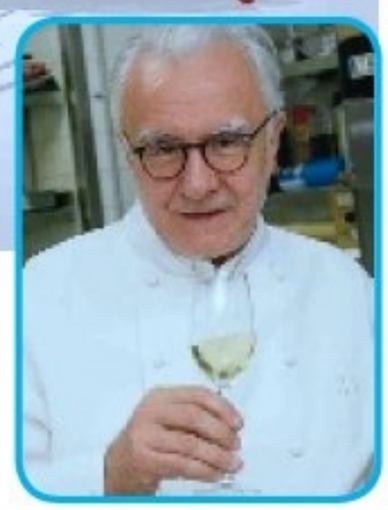
Paris has long been a place where food allergies and intolerances were scoffed at (gluten allergies still merit an eye roll), where vegetarian options were few and far between, and where the best food was inextricably connected to nothing more than quality and pleasure.

But the food scene in Paris is changing. The city is finally offering a well-rounded range of delicious and health-conscious food options.

Juice bars are now proliferating, allergen-free and raw food options are showing up on menus and vegetarian restaurants are increasingly considered chic.

Here are five satisfying and nourishing selections for the next time you visit the City of Lights:

Among the range of health- and allergy-conscious food being served in Paris is the cheesecake Chambelland from Chambelland Bakery and the vegetarian stew from Bob's Juice Bar. Even one of Paris' biggest chefs, Alain Ducasse is moving "vegetable forward." ISTOCK/INSTAGRAM/GETTY IMAGES



Tout Organic
The new "Tout Organic" walking tour by Sacrebleu Paris celebrates organic, farm-to-table, gluten-free, vegan and dairy-free foods (and also beauty products) by introducing visitors to off-the-beaten path and highly local businesses. (sacrebleu-paris.com)

Bob's Juice Bar
Bob's — part of a network of health-conscious "Bob's" restaurants — was one of the pioneers on Paris' health food scene, and his cozy little juice bar offers a range of green and cold press juices, protein shakes and dairy-free smoothies. Visitors will also find a small selection of vegetarian muffins, soups and sandwiches. (bobsjuicebar.com)

Chambelland Bakery
This bakery-café offers a range of gluten-free options, including crusty loaves of bread made with buckwheat and rice flowers, lemon tartlets, bittersweet chocolate cakelets, granola bars and sandwiches in a colourful and sun-dappled room. Bonus: the product list notes any possible allergens, including eggs, dairy and nuts. (chambelland.com)

Sol Semilla
This café-grocery store in the chic Canal Saint-Martin neighbourhood does double duty: customers can find bags of cocoa nibs and ground acai berries, and then stay to enjoy their vegan lunch options, like beautifully layered chia seed puddings, coconut smoothie bowls and spinach risotto with carob powder. (sol-semilla.fr)

Alain Ducasse au Plaza Athénée
Ducasse, one of French gastronomy's biggest names, has removed red meat from the menu at his Michelin-starred restaurant at the Plaza Athénée, moving towards "vegetable forward" cuisine with limited refined sugars. The dishes are based on the "fish-vegetables-cereal trilogy" (think sea scallops, black truffles and select seaweeds spiced with tarragon), which the restaurant calls healthier, more natural, more respectful of the planet. (alain-ducasse.com)

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metro SPORTS

The Sabres cleaned house by firing GM Tim Murray and coach Dan Bylsma after extending their franchise-worst playoff drought to a sixth year

Pens plunge deeper into spring by shedding Jackets

2017 NHL PLAYOFFS
PITTSBURGH WINS SERIES

Fleury shines once again with 49 saves

Sidney Crosby and Scott Wilson scored 51 seconds apart in the third period, helping the Pittsburgh Penguins eliminate the Columbus Blue Jackets with a 5-2 win in Game 5 of their first-round series on Thursday night.

Bryan Rust scored twice for Pittsburgh, Phil Kessel added his second of the playoffs and Marc-Andre Fleury finished with 49 saves. The defending Stanley Cup champions will face the winner of the Toronto-Washington series in the conference semifinals starting next week.

GAME 5 In Pittsburgh

5	2

William Karlsson and Boone Jenner scored for the Blue Jackets, but Sergei Bobrovsky stopped just 27 of 32 shots to finish a forgettable series.

Columbus trailed by three in the second period but had a potential tying goal waved off in the third for interference. Pittsburgh responded immediately. Crosby's one-timer on the power play restored a two-goal lead and Wilson's backhand less than a minute later finished off the Blue Jackets.

Columbus avoided being swept with a spirited 5-4 win on Tuesday, extending the series by playing with the kind of desperation Pittsburgh coach Mike Sullivan insisted his team needed if it wanted to get some rest before the second round.

It's a refrain Sullivan has preached repeatedly over the last couple weeks and once again, the Penguins didn't listen.

And once again, they were able to get away with it thanks to Fleury. He fended off 15 shots in the first period alone, several of them from point-blank range. It gave the Penguins time to find their legs, and Kessel's wrist shot from the top of the circle 9:07 into the first put Pittsburgh in front.

When Rust scored twice less than three minutes apart early in the second — both of them on backhand rebounds — the Penguins appeared to be in control.

The Blue Jackets, trying to extend a breakthrough season that included a franchise-record 108 points and the sixth-best record in the league, showed one last flash. Karlsson and Jenner beat Fleury twice in 2:54 at the game's midway point and Columbus was right back in it.

The surge ended when Fleury flopped to the ground after Alex Wenneberg clipped the goaltender as he fought off a check in the crease five minutes into the third. THE ASSOCIATED PRESS

Penguins goalie Marc-Andre-Fleury stops a shot by the Blue Jackets' Matt Calvert on Thursday night. GENE J. PUSKAR/THE ASSOCIATED PRESS

Go to metronews.ca for additional coverage of the post-season.

NBA PLAYOFFS

Smith inspired by baby's struggle

Life has given J.R. Smith perspective during a personally trying season.

The pursuit of a championship doesn't compare to the path he's travelled.

For the first time on Wednesday, Smith, the Cavaliers' mostly misunderstood shooting guard, whose tattoos and hard-edged look mask his softer side, spoke in detail about the premature birth of his daughter, Dakota, in January.

J.R. Smith GETTY IMAGES

She's been fighting from the moment his wife, Jewel, gave birth five months early.

"She was no bigger than this (microphone)," he said, recalling the first time he held his tiny daughter.

When she was born, Smith was sidelined with a broken right thumb that required surgery and kept him off the court for three months. Looking back, the injury may have been a blessing for Smith because it allowed him to be where he was most needed with a clear conscience.

Smith said Dakota had her breathing tube removed last month and now weighs 4.7 pounds. Last week, Smith got to feed her with a bottle. THE ASSOCIATED PRESS

HOCKEY CALGARY

Behaviour training ongoing for parents

Minor hockey parents in Calgary will soon have to take a refresher every four years of an online course designed to limit bad behaviour at the rink.

> **This is about making good parents better.**
> Respect Group co-founder Sheldon Kennedy

Hockey Calgary was the first minor sports organization in Canada to introduce the mandatory Respect in Sport course for hockey parents and coaches in 2010. It requires at least one parent from each hockey household to obtain course certification.

Several other minor hockey associations across the country have followed Calgary's lead.

As of May 1, Calgary hockey parents will require recertification every four years. THE CANADIAN PRESS

IN BRIEF

Hernandez's lawyer secures independent autopsy

Aaron Hernandez's top lawyer says he has retained prominent medical examiner Dr. Michael Baden to conduct an independent autopsy.

Jose Baez says Baden is on tap to examine the remains of the ex-NFL star, a convicted murderer who was found hanging in his prison cell Wednesday in Massachusetts.

Baden is a former chief medical examiner for New York City. THE ASSOCIATED PRESS

Woods undergoes fourth surgery on ailing back

Two days after Tiger Woods said his back was progressing, he announced on his website Thursday he has had a fourth back surgery to alleviate pain.

Typical recovery is six months, meaning Woods is likely to go another full year without playing a major.

Woods' last competition was Feb. 3 in the Dubai Desert Classic, where he shot 77 and withdrew because of back spasms. THE ASSOCIATED PRESS

MLB

Blue Jays take a nose dive in extras

Mookie Betts drives in the game-winning runs on Thursday. TORSTAR NEWS SERVICE

Mookie Betts hit a three-run double off Toronto reliever Jason Grilli in the 10th inning as the Boston Red Sox defeated the Toronto Blue Jays 4-1 on Thursday afternoon.

Grilli (0-2) gave up a single and two walks before Betts cleared the bases by driving a ball into the left-field corner to silence the crowd of 44,283 at Rogers Centre.

In dropping the rubber match of the three-game series, Toronto fell to 3-12. THE CANADIAN PRESS

MAKE IT TONIGHT

Hearty Tuna and White Bean Salad

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

On a day you want to eat light, this fresh salad topped with creamy beans and hearty tuna is the ticket.

Ready in 30 minutes
Prep time: 5 minutes
Cook time: 25 minutes
Serves: 4

Ingredients
- 1 x 5 oz can of tuna
- 1 x 15 oz can of cannellini beans
- 1/4 cup red onion, diced fine
- 4 or 5 radishes, thinly sliced
- 8 or so cherry tomatoes, cut in half
- 1 bunch of arugula, washed, dried and trimmed
- 2 handfuls of fresh basil, washed, dried and trimmed
- 3 Tbsp lemon juice
- 2 Tbsp olive oil
- salt and pepper to taste

Directions

1. In a large-ish bowl, mix together the tuna, beans and onions.

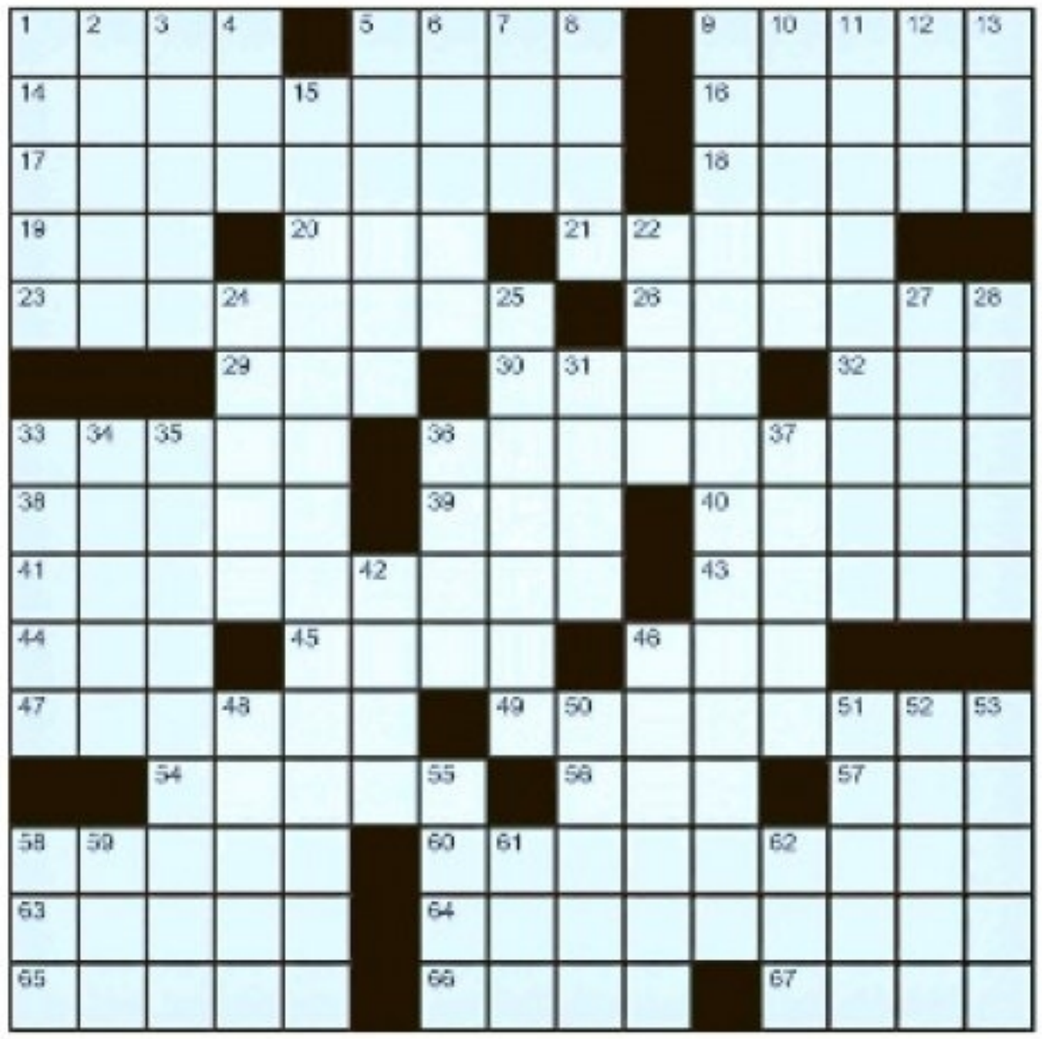
2. In a small bowl, whisk together the lemon juice and olive oil, pour it over your tuna and give a good mix. You don't want to lose all the texture of the tuna, so don't over do it. Taste it and see if you'd like some salt and pepper. Cover with cling film and chill for up to an hour. You can skip this step but it will enhance the flavour.

3. Now it's just an assembly job. You've got four plates. Lay out a handful of greens on each plate, a scoop of tuna deliciousness and then scatter tomatoes and radishes on top.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Nile wader
5. Elvis hit bit: "Well, that's all right now, _..."
9. Orchestra woodwinds
14. Therapeutic
16. 'Seven'-meaning prefix
17. Irregularities
18. Seize forcibly
19. "Ally McBeal" star Mr. Bellows
20. Refusals
21. "__ Majesty's Secret Service" (1969)
23. Catches
26. Floor covering of Japan
29. "The __ Couple"
30. Abbr. aid
32. Hosiery hue
33. Disney deer
36. World-wide-icize
38. Winglet
39. Campaign
40. WKRP's Dr. Johnny who?
41. It's of no importance
43. Spew
44. Moreover
45. Hold a handbag
46. Irish actor Stephen
47. Result to the results: 2 wds.
49. BC's provincial bird, __ Jay
54. Pre-Ford US President
56. Prefix with 'fauna'
57. __ much (Very little)
58. One-of-some in a theatrical act
60. Extremity
63. Greased
64. CFL pre-game partier
65. Authorization
66. Coastal birds
67. Fork-tailed sea bird

DOWN
1. Picture
2. Country in Africa
3. Matinee stars
4. Scottish actor Alastair
5. Term for addressing an English nobleman
6. Flavouring in Greek aperitif Ouzo
7. Ms. West
8. Too
9. Crowbar's classic rock tune: 4 wds.
10. Parisian topper
11. Secret agent
12. Ands, in Montreal
13. Idled
15. Jean top worn simultaneously with a pair of jeans, affectionately: 2 wds.
22. Crash-investigating agcy.
24. Aristocratic
25. Hails the leaders
27. Labyrinths
28. Stagnant
31. TV brand
33. Insipid
34. Separate
35. In a rather humdrum manner
36. Backbone
37. Within the law
42. Ed Sullivan's puppet pal, __ Gigio
46. Parties
48. Has supper
50. Hole-entering golf shot done with ease: 2 wds.
51. Matrikin
52. "Understood."
53. Shock jock Howard
55. Mr. Berkus of TV renos
58. ABBA song
59. The Company org.
61. Up to __
62. Info, briefly

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Don't be down in the dumps if you feel cut off from others or lonely today. Many people feel this way. It's a quick, passing thing. Relax.

Taurus April 21 - May 21
Someone older or more experienced might criticize you today, especially in a group or class. Bummer. Don't take it personally. People say things without thinking.

Gemini May 22 - June 21
This is a poor day to ask parents or bosses for a favor, approval or permission. There's no doubt that the answer will be "Talk to the hand."

Cancer June 22 - July 23
Travel plans might be difficult today. In fact, someone might squelch your idea for future travel. Discussions about politics or religion might be depressing.

Leo July 24 - Aug. 23
Don't ask for support, especially financial, from others today because it will not be forthcoming. People are tightfisted and withdrawn today. (You get the picture.)

Virgo Aug. 24 - Sept. 23
Your feelings might be hurt today, because relationships with partners and close friends are cool and detached. It's just what's happening. Don't make a big deal about it.

Libra Sept. 24 - Oct. 23
Someone more experienced at work might be on your case today. They might criticize you or your work. Obviously, avoid this situation if you can.

Scorpio Oct. 24 - Nov. 22
Children might feel like they are an increased responsibility today, which is naturally hard on you. Likewise, romance might disappoint. Oh well. It's one of those days.

Sagittarius Nov. 23 - Dec. 21
Plans to entertain at home or redecorate might be stalled because of finances or disapproval from someone. Just pull back a little and choose a better time in the future.

Capricorn Dec. 22 - Jan. 20
You might fall into worry mode today. Remember: "Worry is like a rocking chair. It gives you something to do, but gets you nowhere."

Aquarius Jan. 21 - Feb. 19
You will be careful with spending your money today, because you feel a bit broke. This is why if you're out shopping today, you will buy long-lasting, practical items.

Pisces
Feb. 20 - March 20
You might feel cut off from others today, which makes you feel lonely. Many people feel this way today, so it's not just you. It's just this particular day. Tomorrow is a much better day.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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2		5				9		1
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8		6				3		4
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	6						2	
			8		6			

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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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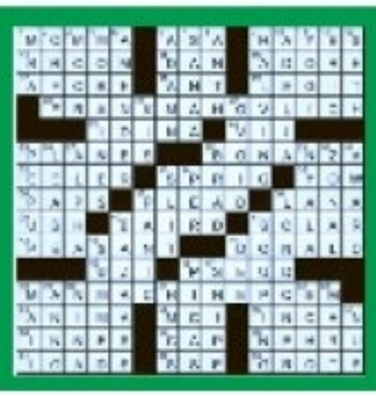

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7	3	9	2	8	4	6	1	5
8	2	5	6	1	7	9	4	3
4	6	1	5	3	9	8	2	7

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